

# **The National Training Center and Fort Irwin** THE HIGH DESERT WARRIOR

Volume 5, Number 8

www.irwin.army.mil

February 26, 2009

#### Bring Your Kids to Work Day, page 12

#### RECRUITER BRIEFINGS

The USAREC Recruit The Recruiter Team is scheduled to conduct briefings at Fort Irwin on the following date:

Feb. 26 at 1:30 p.m. at Bldg. 552 For further information call Sgt. First Class Phinazee at 502-626-0105.

#### SILVER VALLEY OUT OF PLAYOFFS

The Silver Valley High School Boys and Girls varsity teams both lost in the first round of the Southern California Interscholastic Federation Southern Section Division VAA playoffs. The Boys varsity lost on Feb. 18 in Yermo against Verbum Dei 58-28. The Trojan Boys allowed three Verburn Dei players to score in double figures. The Silver Valley Boys varsity ended the season with a 10-10 record. The Silver Valley Girls varsity travelled to Montebello on Feb. 19 to take on the #8 ranked Cardinals of Cantwell Sacred Heart. The Trojan Ladies were no match for Sacred Heart who took a 42-19 lead into halftime. The final score was 77-47. The Silver Valley Girls varsity ended the season with a 12-11 record.

#### MARDI GRAS CELEBRATION

Fort Irwin's Annual Mardi Gras Casino and Basket auction is back. This fun community event will be held Feb. 28 from 6 p.m. until midnight at Reggie's. The baskets are unique, the prizes are abundant and the funds raised go back to Soldiers and their Families through the Officers' and Civilians' Spouses' Club Scholarship and Welfare Fund. The cost is \$10 for advance tickets and \$12 at the door. Admission includes dinner and 10 doubloons (Mardi Gras funny money). For advance tickets or more information call Emma at 386-1563.

#### **SOLDIERS MUST REPORT TO RCI**

All newly arriving military personnel will report to the RCI Housing Services Office (HSO), Bldg. 4553 Tippecanoe, adjacent from the Pinnacle Family Housing Office, prior to making any arrangements with a rental company or applying for Pinnacle Family Housing.

For more information cal 380-3577.



Source: Directorate of Human Resources National Training Center and Fort Irwin



Parents of Silver Valley Unified School children concerned about budget cuts, are encouraged to attend the District board meeting scheduled for March 3. Anyone wishing to address the board may do so during the public comment segment of the meeting.

# Silver Valley School District facing budget cuts

By John M. Wagstaffe NTC Director of Public affairs

The Silver Valley Unified School District has been working hard to identify how to trim their budget by \$1.2 million. On February 17 the Silver Valley Unified School District budget committee met to identify proposed budget cuts to be reviewed and decided upon by the SVUSD School Board when they meet on March 3. Col. Jim Chevallier, Fort Irwin garrison commander and Jennifer Quay, School Liaison Officer both attended the board workshop meeting.

There are some things that Fort Irwin Families should understand," said Col. Chevallier. "Both myself and Ms. Quay are not members of the school board. And secondly, no decisions on program cuts have been made. Only the SVUSD School Board can make those decisions. And that will occur during their regularly scheduled board meeting on March 3 after they hear the recommendations."

"Fort Irwin Families that are concerned about possible budget cuts that could affect their children should attend the school board meeting on March 3. There is a public comment part to that meeting. Anyone can speak in front of the school board," added Col.

Superintendent of Silver Valley School District Dr. Marc Jackson said in an email interview with the High Desert Warrior, "We need to trim \$1.2 million over the next 15 months. Most of the cuts will be through attrition." The district has been in a hiring freeze since December of 2008.

"As a philosophy, the board has accepted the solutions to make cuts away from the classroom; protect core instructional services; maintain academic achievement and enrichment; engage in transparent accountability and run with the strategic plan in mind." added Dr. Jackson.

"Classified positions are also being trimmed," said Dr. Jackson. "We plan to cut 13 hours of custodial time; not fill a media clerk position and move to cut special education aides positions from seven hours to six hours." The plan is to freeze management pay at present levels. Teachers and classified positions have both agreed to a 0 percent cost-of-living agreement for the next two years,

Dr. Jackson added. Dr. Jackson said, As you can see, the cuts come across all levels, classified,

certificated and management. "With some help from the economy, we hope to be moving forward within 12-15 months but a lot can happen in that time. My hope is that things would improve."

What is clear is that the economy is going to put pressure on schools across the country. Children's education could be affected. The best way for parents to be involved is by attending meetings such as SVUSD's board meeting



# **ICE Program Gives Customers a Voice**

**ICE Year To Date Report** Jan. 5 - Feb. 15

Organization	No. of Comments	Rating	Percent Satisfied	
AAFES	53	•	34	
Commissary	8	•	33	
Fort Irwin Garrison	883	•	84	
MEDDAC	371	•	39	
DENTAC	376	•	99	
Veterinary Services	7	•	29	

#### **ICE Weekly Report** Feb. 9-15

Organization	No. of Comments	Rating	Percent Satisfied
AAFES	11	•	36
Commissary	2	•	100
Fort Irwin Garrison	134	•	80
MEDDAC	12	•	42
DENTAC	85	•	99
Veterinary Services	2	•	0

#### **Fort Irwin Garrison Organizations**

Organization	No. of Comments	Rating	Percent Satisfied
Family, Morale, Welfare and Recreation	65	•	76
Civilian Personnel Advisory Center	0	Not Rated	_
Equal Employment Opportunity	0	Not Rated	_
Human Resources	68	•	94
Information Management	0	[NOT RATED]	_
Legal	1	[NOT RATED]	_
Logistics	3	•	100
Plans, Analysis and Integration	0	[NOT RATED]	_
Police	3	•	0
Public Affairs	4	•	0
Public Works	5	•	0
Religious Support	0	[NOT RATED]	_
Resource Management	1	•	0
Garrison Safety	1	•	100
Landmark Inn	3	•	33

Rating Key: ● = 86%-100% Satisfied | ● = 65%-85% Satisfied | ● = 0%-64% Satisfied

See ICE, page 18

#### Brig. Gen. Dana J.H. Pittard ..... Commanding General Command Sgt. Maj. Robert A. Moore ....... Post CSM Col. Jim Chevallier ...... Garrison Commander Command Sgt. Maj. Mark A. Harvey ... Garrison CSM John M. Wagstaffe ...... Director, NTC PAO **High Desert Warrior Staff** Candice Jamoles ......Contributing Writer Agustin Rodriguez...... Editorial Assistant

#### THE HIGH DESERT WARRIOR

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#### QUESTIONS? SUGGESTIONS? PROBLEMS? Ways You Can Give Feedback

- 1. Use your chain of command
- (Interactive Customer Evaluation)
- 3. Call the CG's Hotline: 380-5463

2008 Dept. of the Army Maj. Gen. Keith L. Ware newspaper competition — Tabloid category 3rd place, U.S. Army Installation Management Command-West • 3rd place, 2007 Honorable Mention, Dept. of the Army



Photo by Kevin Funk

Col. David Gaffney, commander of the National Training Center Support Brigade, congratulates the US Army Air Ambulance Detachment on receiving the Forces Command aviation award.

# NTC's US Army Air Ambulance Detachment wins FORSCOM Award

By 1st Lt. Jed Monforte NTC Support Brigade

The National Training Center's Air Ambulance Detachment recently received the highest Army aviation safety award for their category, The Forces Command Commander's aircraft accident prevention award. The award is presented to the most outstanding unit in the Army for extraordinary accomplishment in the field of aircraft accident prevention. The Corps Support Battalion's Air Ambulance Detachment was the recipient of the FORSCOM Commander's aircraft accident prevention award for FY08. The award was presented to the USAAAD Commander Maj. Dean L. Martin

and Detachment Sergeant Sgt. First Class Vicki Wood by the NTC Commanding General, Brig. Gen. Dana J.H. Pittard on Feb. 2.

In an accompanying memo from the FORSCOM Commander, Gen. Charles C. Campbell the unit was commended for the achievement of completing a total transition to a new airframe and accomplishing 100 percent of the unit's missions while maintaining zero Class A through C aviation and ground accidents. The Detachment Operations Officer, Capt. Joshua Thomson stated, "The unit maintains its exceptional safety record while flying with an extremely high operational tempo, providing life saving medical evacuation support for rotational and tenant units as well as the civilians and Family

members here at the National Training Center."

The unit flies over 1,400 hours a year with six UH-72s and approximately seven crews consisting of two pilots, a crew chief and a medic. At least two crews are on duty every minute of every day ready to respond to a request from Weed Army Community Hospital to transfer a patient to a surrounding hospital or to a point of injury accident providing en route medical care as needed. When asked about the confidence in his unit, the Detachment Commander; Maj. Martin said "These crews are some of the best in the Army. Our standard is trusting each crewmember to care of our own Families when needed, and any USAAAD aircrew can fly my wife and kids at a purious."

# B.O.S.S. Upcoming Events

Check out these upcoming Better Opportunities for Single Soldiers events.

- Feb. 28: Big Bear
- March 28: Knotts Berry Farm and Medieval Times

For more information, please call Spc. Amanda Spencer, B.O.S.S. president, at 380-3586.

## "What's the DTOC?"

By Lt. Col. Patrick Cooley, Warrior 3, Operations Group

The first large building anyone passes when driving onto Fort Irwin is Building 990. It is fitting that the first part of this building that anyone passes is the Tactical Operations Center (TOC) for Operations Group. From this oddly-shaped building everything happening in the surrounding desert during a rotation is designed and orchestrated.

The field of antennae, sensors and satellite dishes facing the main gate are the links to the brigades, battalions, and Special Forces elements training during any given rotation. Inside this building are a collection of Soldiers and civilians who breathe life into 52nd Infantry Division (Ops Group's scenario fictional headquarters) TOC 24 hours a day. Maj. Jonathan Cornett, Assistant Chief of Operations for

\_\_See *DTOC*, page 18

# 58th Combat Engineer Company changes leaders

By Sgt. David Alvarado 11th ACR PAO

After a recent return home from a 15-month combat deployment in Northern Iraq, the Red Devils in the 58th Combat Engineer Company, Regimental Support Squadron, 11th Armored Cavalry Regiment, said their goodbyes to their outgoing commander and first sergeant during a change of command and responsibility ceremony here Feb. 19, at Jack Rabbit Park.

After leading the Red Devils into combat, Capt. Donavon D. Peterson, the outgoing 58th CEC commander, was replaced by Capt. Eric I. Palicia, the incoming commander and former K Troop commander.

"For your service in Iraq, you should be walking tall today," said Capt. Peterson as he

addressed the formation of Red Devils. "You fought the good fight and returned safely."

The backbone of the 58th CEC's enlisted troopers, Sgt. 1st Class William Harrington, the outgoing first sergeant, was replaced by 1st Sgt. Timothy L. Shockney, the incoming first sergeant.

Having cleared over 100,000 kilometers of roads during their tour of duty, that's almost four laps around the earth, the 58th CEC safely removed over 250 Improvised Explosive Devices (IED) from roads in Northern Iraq.

"I would personally like to thank all the Families and loved ones who showed their support while these troopers were deployed," said Capt. Peterson. "I would also like to thank the FRG (Family Readiness Group) for their dedication to the Families whose loved ones were deployed."

For more information go to www.irwin.army.mil

## Crime Stoppers

#### Information provided by the Provost Marshal Office

Damage to Private Property: A report was made of a vehicle being damaged with a dent to the bumper while parked in a unit area.

Open Container: A civilian was cited for having an open container of alcohol in public outside of a MWR

Larceny of Private Property: A report was made of a stereo system being stolen from a vehicle while parked in Mojave Desert housing area.

Hit and Run: A Family member was detained for leaving the scene of an accident in Tiefort View housing area.

#### Possession of Marijuana: A contractor was detained for

possession of Marijuana in the training area.

# **Adopt-a-pet**



www.petfinder.com.

## **News briefs**

#### **ROAD CLOSURE**

Clark Realty, the Army's Housing Partner, will close Normandy Rd to install a new sewer line that currently serves the new Sandy Basin area and will also serve the new Sandy Basin II now under construction. Normandy Rd will be closed between Alvord and Monterey Streets to all traffic for approximately 45 days until approximately April 9. The side walk on the Southeast side on Normandy Rd will remain open to all foot traffic for the duration of the project. The following connector streets will also be effected: Rhineland, York Town, St Mihiel and Alvord. Residents on these streets will have to use Bastogne or Normandy to Barstow Rd to gain access to other areas of the installation.

For more information call 380-3433.

#### WOMENS HISTORY MONTH CELEBRATION

Please join our community in celebrating Women's History Month on March 3 at Sandy Basin Community Center from 11:30 a.m. to 1 p.m.. The theme for this event is "Women taking the lead to save our planet". The guest speaker is Colonel Linda K. Sheimo, the Adjutant General, Adjutant General Directorate, Deputy Chief of Staff, G-1/4, Headquarters, US Army Training and Doctrine Command. For more information, contact the EO/EEO Office at 380-3087 or 4963.



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## Senior leaders examine 2010 defense budget choices

By Jim Garamone

WASHINGTON, (American Forces Press Service)—Senior defense leaders are taking a serious and critical look at the president's fiscal 2010 defense budget request, Pentagon Press Secretary Geoff Morrell said here today.

Defense Secretary Robert M. Gates, the combatant commanders, and other civilian and military leaders from the Defense Department are discussing department-related issues, including the budget, during the Defense Senior Leadership Conference, Mr. Morrell said at a news conference.

Mr. Morrell said the secretary is reshaping the request to reflect current and future realities.

"He wants to make sure the budget balances the demands of the wars we are currently fighting and the future threats we may face," he said. "Of course, he is acutely aware that we are crafting this budget in the midst of a global financial crisis, so it must not only be militarily responsible, but also fiscally realistic."

Mr. Gates said in testimony before Congress last month that the department is ready to make the tough choices in the defense budget.

"First, we must make tough choices about programs suffering from serious execution problems," Mr. Morrell said. "Second, we have to find new ways of doing business more efficiently and cost-effectively. And third, the services must strive to be as joint in their acquisitions as they are in their operations."

The secretary has said he wants the combatant commanders to explore new ideas. "We need to look for cost efficiencies, and we need to be more joint in how we acquire [capabilities]," Mr. Morrell said.

The secretary often has mentioned that military services must depend on other services for capabilities. If one service is building a capability, another service does not have to duplicate it.

"The services clearly have been extraordinarily joint in their operations since Operation Enduring Freedom began in late 2001," Mr. Morrell said. "They have been increasingly joint in other aspects as well."

"[The secretary] really does believe that we need to put service interests aside as much as we can when it comes to budgeting and acquisitions and so forth, and work more jointly and not see ourselves as separate stovepipe budgets, but one larger defense budget that looks out for our collective capabilities and risks."

Mr. Morrell also discussed the Defense Department portion of the economic stimulus package. The White House asked for—and the department delivered—a list of military construction projects that could be part of the stimulus bill now being voted on by Congress. "The [Defense Department] portion of the stimulus package ... totals a little more than \$7 billion," Morrell said.

If President Barack Obama signs the legislation, the Defense Department will receive the money for near-term construction projects "that could make a difference in the lives of our service members and their Families," Morrell said, such as barracks, medical clinics and child care centers.

"Mr. Morrell said, "And we look forward to executing that money as soon as we get it, because we think it can make a difference not only in their (military and their Families) lives, but in the near-term economic state of the country, as well. We can put people to work and do these military construction projects in the next six to 18 months, and hopefully have an impact."

#### **Chapel Activities**

#### **Recurring Sunday Worship Services**

Center Chapel

8:45 / 9 a.m.—Catholic Rosary / Mass

9 a.m.—Lutheran / Liturgical

11 a.m.—Chapel NeXt, Contemporary Worship

11 a.m.—Protestant Traditional Service

11 a.m.–noon—Gospel Sunday School

12:30 p.m.—Gospel Worship Service

12:30 p.m.—Latter Day Saints Religious Education

3:30 p.m.—Catholic Edge

#### Blackhorse Chapel

9:30 a.m.—Samoan Worship Services, 1st Sunday of Month 11 a.m.—Church of Jesus Christ of Latter Day Saints Worship 6 p.m.—Protestant Evening Worship Service, Contemporary Worship

#### Recurring Weekday Programs & Services

Center Chapel

11:30 / 11:45 a.m.—Catholic Rosary / Mass, Mon., Tues., Thurs., Fri.

PYOC-Protestant Youth, Mon., 7 p.m.

PWOC—Protestant Women, Tues., 9-11:30 a.m. and 6-8:30 p.m.

Protestant Bible Study—11:30 a.m. (held on RSOI-3 and BRD-5)

MOPS—Preschool Mothers, 2nd and 4th Wed. of Month, 9-11 a.m.

AWANA—Children's Group, Wed., 4 p.m.

Gospel—Wed., 5 p.m., Choir Rehearsal; 6 p.m., Intercessory Prayer; 7 p.m., Bible Study

CWOC—Catholic Women, Thurs., 9–11 a.m. More information: Center Chapel at 380-3562



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# **Community Happenings**

#### CHILD AND YOUTH ACTIVITIES

#### Middle School Activities

Thursday-Torch Club Meeting / Dance Off Friday—Wii DDR Competition / Scrabble Challenge Monday—Butterfly Baggies / Basketball 3 on 3

Tuesday—Mentoring 1st Graders / Scrabble

Wednesday—Fitness Authority (MSP-Fit Club) / Passport to Manhood / Smart Girls

#### **Teen Activities**

Friday—Keystone Meeting Night Saturday-Ping Pong Competition

#### Teen Center

Hours of operation

Friday (at Teen Center)—5:30-11 p.m.

Saturday (at Teen Center)-3:30-11 p.m.

Sunday-Thursday/Holidays—Closed

More information: Angela Austin at 380-3732

#### SCHOOL EVENTS

#### Lewis Elementary School

Feb. 26: Coyote Assembly 2nd Grade Feb. 27: Coyote Assembly Kindergarten

Mar 2-6: Read Across America

#### Tiefort View Intermediate School

Feb. 26: Lunch with the Principal Feb. 27: Monthly Student Awards

#### Fort Irwin Middle School

Feb. 26: Girls Basketball: JV, Home vs. Vista Campana,

Feb. 26: Boys Basketball: JV, Home vs. Vista Campana,

Feb. 26: Girls Basketball: Varsity, Home vs. Vista Campana,

Feb. 26: Boys Basketball: Varsity, Home vs. Vista Campana,

#### Silver Valley High School

Feb. 28: Baseball Varsity, Away vs AV Christian, 11am Feb. 28: Softball Varsity, Away vs AV Christian, 11am March 5: Track Varsity, Away vs Desert, 3-5 p.m.

#### FORT IRWIN LITTLE LEAGUE MEETING

Little League is coming to Fort Irwin. A Central Committee has been formed and we are now looking for members to help establish committees and a board. If you love the sport of baseball/softball and would like to find out more about Little League come to the next information meeting on March 4 at 6 p.m. at the Forum, Bldg. 1200. For more information, call Christy Quinter at 484-332-3866.

#### INFORMATION SEMINAR

Army Community Services will host an Information Seminar on March 9 from 10 a.m.-12 p.m. at the Sandy Basin Community Center. Dr. Dawn Porter will speak on "Dealing with Difficult Behaviors". Information on local and regional resources in handling difficult behaviors will be available. Safe Assured ID will be there to photograph and fingerprint children. More information: Please call 380-9195

#### LITTLE MISS/MISTER PAGEANT

MWR hosts its fourth annual Little Miss/Mister Pageant on March 28 at 5 p.m. at the Ingall's Recreation Center (Bldg. 361)

ballroom. Pageant contestants must be 0-13 years of age. The pageant is ideal for any level of experience. Contestants will be judged in four categories. Trophies and sashes will be presented to winners in each category. Entry fee is \$40 for each contestant. Registration is open until March 6. Rehearsal attendance prior to the pageant will be mandatory. Registration packets available at Ingall's Recreation Center, Bldg. 361.

More information: Please call 380-3585

#### **NEW CDC HOURS**

Effective March 1, the full day CDC (Bldg. 1317) and CDC Hourly (Bldg. 1322) will remain open Monday-Friday until 6 p.m.

More information, please call 380-2270.

#### **SKIES CLASSES**

The following classes are being offered by SKIES Unlimited— Schools of Knowledge, Inspiration, Exploration and Skills.

Job Opportunities: SKIES Coordinator is currently looking for new instructors in the following areas: Drum lessons and modeling lessons. Call for more information!

Tutoring for 1st-8th Grade/Beginning Spanish Lessons: Private tutoring classes will start March 2 and will run four weeks ending March 26. These classes will cost \$70 and one hour class times will be offered between 5:30-8:30 p.m. on Mondays or Thursdays. Instructor will also instruct on beginning Spanish for those interested. Classes will be held in Bldg. 1313.

Piano Lessons: One-half hour private piano lessons will be offered on five Mondays starting March 2. Lessons begin at 2:30 p.m., and the last class starts at 7 p.m. for children ages 5 and up. Cost is \$88 for five weeks. Please call for new student availability the week prior.

Guitar Lessons: One-half hour private guitar lessons will be offered on four Saturdays starting March 7. Lessons begin at 10 a.m., and the last class starts at 2:30 p.m. for children ages 14 and up. Cost is \$70 for four weeks. Group classes are offered on Tuesdays and Thursdays 3:30-4:15 p.m. (10-13 yr. olds) and 4:30-5:15 p.m. (14-18 yr. olds) for a cost of \$65. Must bring your own guitar.

Musikgarten Classes: This certified program will teach music and movement on five Mondays starting March 2, 11:30 a.m.-12:15 p.m. for our Twist and Turn class for ages one through five years old. We will also offer a Cycle of Seasons class for three through five years old from 12:30 p.m.-1:15 p.m.. Cost is \$40 for five weeks for each class. Students may register today.

Cheerleading Classes: Cheerleading classes will start March 3 and will run for four weeks. A class for children 3-5 will be held 5:45-6:15 p.m. on Tuesday/Thursday for \$35. A class for children 6-10 will be held 6:15-7 p.m. on Tuesdays/Thursday for \$40. And a class for 11 and up will be held 7-8 p.m. on Tuesday/Thursday for \$45. Classes will be held in the YS Gym (Bldg. 1315). Please call for new student availability the week prior.

Ft. Irwin School of Dance Classes: Ballet & Tap classes will start March 17 and will run three weeks ending April 2. These classes will cost \$24 and class times will be varied from 6 - 8 p.m. in the Dance Room of Bldg. 1300. Former students only at this time.

Hayes' Karate Unlimited. Karate and TaeKwonDo classes will begin March 9 and will run for four weeks. The classes, for children 3-17 years old, will cost \$44-48. Adult classes also will be offered for \$48 during the same four-week period.Different classes run from 5:30 p.m. to 7:45 p.m. on Mondays and Wednesdays at YS Gym (Bldg. 1315). New students may register starting March 2.

\*\* Classes sizes are limited for all classes \*\*

Registration for SKIES classes: Central Enrollment, Bldg.

More information: Sharnae Hayes at 380-7751/3732.

#### 2/11 ACR FRG EVENTS

Following are upcoming 2nd Squadron, 11th Armored Cavalry Regiment, Family Readiness Group events:

March 3: E Troop FRG Meeting, 4 p.m., Fritz Field

March 3: F Troop FRG Meeting, 4 p.m., Place TBD March 3: H Company FRG Meeting, 5 p.m., Company

March 10: G Troop FRG Meeting, Time and Place TBD More information: Pam Humphrey at 380-4645 or pamela. humphrey@us.army.mil.

#### **CSB FRG MEETINGS**

Following are upcoming Corps Support Battalion Family Readiness Group meetings:

April 16: Aviation Company, CSB, 6 p.m., location to be

April 30: HHC, CSB, 6 p.m., Bldg. 1200 (The Forum) POC: Capt. Christensen, 380-3393

#### **ANGER MANAGEMENT**

The ACS sponsored Anger Management class is offered the first three Wednesdays of each month from 1-3 p.m. at ACS, Bldg. 548. This class is designed to help individuals learn to recognize, understand, and manage their anger in more appropriate ways. Participants will also learn and practice relaxation techniques, a key component in maintaining emotional

More information: Please call 380-5467

# At the movies

#### Thursday, Feb. 26

7 p.m. The Curious Case of Benjamin Button (PG-13)

#### Friday, Feb. 27

Not Easily Broken (PG-13)

Gran Torino (R) 9:30 p.m. My Bloody Valentine (R)

9:30 p.m. Frost/Nixon (R)

#### Saturday, Feb. 28 Free Showing (R)

9:30 p.m. Frost/Nixon (R) 9:30 p.m. Gran Torino (R)

#### Sunday, March 1

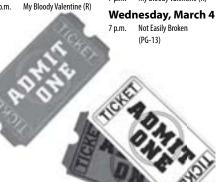
4 p.m.

The Curious Case of 7 p.m. Benjamin Button (PG-13) Frost/Nixon (R) 7 p.m.

#### Monday, March 2 7 p.m. Gran Torino (R)

Tuesday, March 3

7 p.m. My Bloody Valentine (R)



This schedule is subject to change at the last minute to accommodate changes in movies and free showings. ID cards are required from all personnel not in uniform when purchasing movie tickets. For more information and movie updates, call 380-3490.

For more information go to www.irwin.army.mil

# Fort Irwin Community Calendar

#### Thurs., Feb.26

Recruiting Team Visit 1:30 p.m. Conference Room, Bldg. 552 Marion A. Phinazee, 1-866-268-5697

#### Thurs., Feb. 26

**COR Reinforcement** 

Training

9 a.m.-noon Bldg. 552 Conference Room Susan Brock, 380-3851

#### Sat., Feb. 28

Halo 3 Tournament 10 a.m.-end of day Ingalls Recreation Center Ball Room 1st Lt. Jennifer McFall, (585)203-4989

#### Sat., Feb. 28

Mardi Gras Casino and Basket Auction

6 p.m. – midnight Reggie's Emma, 386-1563

#### Tues., March 3

Women's History Month

11:30 a.m.-1 p.m. Sandy Basin Community Center EO/EEO, 380-3087 or 4963

#### Wed., March 4

Suicide Awareness Training 8 -11:50 a.m.

Main Post Chapel Sheila Higgins, 380-3498

#### Wed., March 11

Teen ATSTP Driving Class 2-4 p.m. Bldg. 1207 Mark G. Reeves, 380-7708

#### Wed., March 12

Suicide Awareness Training 8 -11:50 a.m.

Main Post Chapel Sheila Higgins, 380-3498

#### Thurs., Feb. 26

ACS Financial Seminar

2 p.m. Sandy Basin Community Center ACS, 380-3513

#### Tues., Mar. 3

Women's Health Seminar 8-11 a.m. Sandy Basin Community Center 380-3235 or 380-3087



#### Check out these upcoming activities at Fort Irwin

# TRICARE Update: Specialty care authorization and referral process

By Tyler Patterson TriWest Healthcare Alliance

Has your Primary Care Manager (PCM) decided to refer you for specialty health care? TriWest Healthcare Alliance, the West Region TRICARE administrator, offers a powerful, easy-to-use online tool to help you schedule your specialty appointment more quickly than ever before: QuickAlert.

QuickAlert, TriWest's automated authorization and referral status notification system, e-mails you a notice that your request has been processed and provides a link for you to view the result online. This means that instead of waiting for notification by mail, you may proceed with scheduling your specialty care appointment (if approved) within **one day** of your request being processed.

To use QuickAlert to set your appointment faster: **Obtain a referral request**. Your PCM will send this to TriWest.

**Register on www.triwest.com**, or just log in if you're already registered. Registered users are automatically enrolled in QuickAlert.

**Set your QuickAlert preferences**. Once logged in to your secure <a href="https://www.triwest.com">www.triwest.com</a> account, you can change your preferences to have QuickAlerts sent to the e-mail address of your choice.

Schedule your appointment once you receive a QuickAlert e-mail notice that your referral is approved. Use the recommended provider, or select a provider of your choice from the online provider directory at www.triwest.com.

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Whether enrolled in QuickAlert or not, you will continue to receive written notification by standard mail. As always, you are welcome to contact TriWest at 1-888-TRIWEST (874-9378) with any questions about your authorization or referral status.



# Largest class of women graduates from Baghdad Police College

BAGHDAD (American Forces Press Service)—Nearly 500 new Iraqi policewomen graduated from the Baghdad Police College here Jan. 26, marking the largest female class ever to graduate from the school, officials said.

"We feel proud and happy that we are bringing new opportunity to Iraqi women today, and more women will follow us," a graduate said.

Iraqi Interior Minister Jawad al—Bulani congratulated the new graduates for

"taking another step toward rebuilding Iraqi security."

"These women are now sharing duties with the policemen to bring a new day

of prosperity to Iraq," Mr. Bulani said. "You are now qualified to defend Iraq, to protect our liberties, Iraqi laws,

constitution and human dignity," he told the graduates.

Mr. Bulani also thanked coalition forces and trainers at Baghdad Police

Mr. Bulani also thanked coalition forces and trainers at Baghdad Police College for their support in making the course a success. The women received training in checkpoint security, police operations and Iraqi law and are qualified to serve in the same capacity as men, Iraqi police officer Col. Sabah Hashim, director of training at the Police Qualification Center, said. The women will serve throughout the nation with Iraqi and border police and other directorates as required, he said.

Col. Larry Saunders, senior advisor for the Baghdad Police College Transition Team, said the graduation speaks to Mr. Bulani's commitment to provide equal opportunity in Iraq for men and women. The transition team provides U.S. and coalition assistance and training to the Baghdad Police College and Iraqi police forces.

"They graduated in time to serve in important roles during the election security process, thus combining two very important symbols of freedom: equal opportunity and the right to elect your political leaders," Col. Saunders said

"This first all—female graduating class shows the wonderful progress the Ministry of Interior has made as it works to increase diversity in the Iraqi police," said Maj. Gen. Mike Milano, deputy commanding general for Multinational Security Transition Command Iraq's directorate of interior affairs, which provides training support to the Interior Ministry.

(From a Multinational Security Transition Command Iraq news release.)

## Suicide prevention hotline saves veterans' lives

By Army Staff Sgt. Michael J. Carden

WASHINGTON, (American Forces Press Service) – Help is only a phone call away for military veterans considering suicide.

Nearly 100,000 veterans, Family members or friends of veterans have reached out for help by calling the Department of Veterans Affairs suicide prevention hotline at 1-800-273-TALK. The hotline was launched July 2007.

The VA initiative is part of a collaborative effort with the National Suicide Prevention Lifeline, a nationwide network of 133 crisis centers. Calls automatically are routed to the nearest center based on the caller's area code.

The hotline operates 24 hours a day, seven days a week, and is staffed by trained mental health professionals prepared to deal with immediate crisis. Although the lifeline isn't restricted to military veterans only, callers are prompted to "please press 1 now" if they are a U.S. military veteran or are calling about a veteran. Callers who press 1 are transferred to the nearest VA call center.

More than 2,600 veterans have been "rescued" through the hotline, according to a recent VA statement.

"I urge veterans and their loved ones to take advantage of our suicide-prevention program," VA Secretary Eric K. Shinseki said in the statement. "Help for these heroes is a phone call away."

An estimated 5,000 veterans commit suicide annually, with Iraq and Afghanistan war veterans 35 percent more likely to commit suicide than the general population. VA statistics show that between 2002 and 2006, more than 250 veterans who left

the military after Sept. 11, 2001, committed suicide.

The trend has grown within the active-duty military ranks too. A steady increase in suicides among veterans and active-duty members has been persistent in recent years. The Army recently announced 2008 as its highest suicide year since 1980, with at least 128 Soldiers confirmed to have taken their own lives, while 15 other cases are pending investigations.

VA, the Defense Department and local communities are making it a point to understand suicide and determine better prevention methods. Defense leaders, including Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, have voiced concerns for short- and long-term solutions.

"We have got to be able to support those individuals in ways that, in some cases, we haven't quite figured out yet," Adm. Mullen said during a lecture at Grove City College, Pa., earlier this month.

Adm. Mullen routinely advocates for solutions to increase the amount of rest and time at home troops have in between deployments. Officials recognize the high tempo of deployment rotations as being a likely factor for the increased suicide rates.

VA and active-duty military officials are working with outside research organizations to improve their programs and lower the numbers. The Army and National Institute of Mental Health recently launched a five-year research initiative to gain a better understanding in the hope of preventing suicides in the military and nation.

To identify and treat at-risk patients, prevention efforts and initiatives are in place in each of VA's 153 medical centers and more than 750 outpatient clinics across the nation. Also, suicide

prevention coordinators are on hand at each facility.

Troubled veterans, whether they call the suicide prevention hotline or walk in, receive follow-up care almost immediately.

Preliminary evaluations occur within 24 hours of requests, and referrals are given for mental health appointments. Comprehensive evaluations are conducted within 14 days, with emergency cases handled immediately.













## America's Army game sets five Guinness World Records

By Lori Mezoff

SILVER SPRING, Md. (Army News Service)—The America's Army PC game, which lets players explore Soldiering, has been recognized with five records in the upcoming Guinness World Records 2009: Gamer's Edition.

The second installment of the "Gamer's Bible," began hitting book-store shelves Feb. 4, featuring the definitive collection of video game records, facts and trivia. The first edition of Guinness World Records Gamer's Edition was published in February 2008, and received critical accolades from gaming industry reviewers.

Guinness World Records is the universally recognized authority on record-breaking achievement. First published in 1955, the annual Guinness World Records book is published in more than 100 countries and 25 languages and is one of the highest-selling books under copyright of all time with more than 3 million copies sold annually across the globe.

In this year's Gamer's Edition, the America's Army PC game received awards in the following categories:

- · Largest Virtual Army—In January 2007, America's Army recruited its 8 millionth registered user; at the same time, the actual U.S. Army had just 519,472 Soldiers on active duty. This makes the virtual America's Army 15 times larger than the real thing. Today the game has more than 9.7 million registered users.
- Most Downloaded War Video Game-According to official estimates, America's Army, in all its various iterations, has been downloaded more than 42.6 million times. It is also the most downloaded game from Fileplanet.com, itself one of the most

popular gaming download sites on the Internet. The most recent version of the game was downloaded almost 2.4 million times between January and July 2008.

- · Most Hours Spent Playing a Free Online Shooter-According to the U.S. Army, as of August 2008, gamers have spent more than 230.9 million hours playing the PC version of America's Army. Gamers from more than 60 countries have played America's Army since it was launched in 2002.
- · Earliest Military Website to Support a Video Game-
- The Web site americasarmy.com is the first military Web site to support a video game series. America's Army is also the first multiplatform game to receive a government-licensed
- · Largest Traveling Game Simulator-The Virtual Army Experience is a highly modified version of America's Army that includes six lifesize vehicles surrounded by multiple flat screens, with room for up to 50 participants. Mounted in the vehicles are modified light-gun weapons. The teams inside each vehicle, which shakes in reaction to nearby explosions, are tasked to drive supplies to a beleaguered group of aid workers in dangerous territory. The exhibit takes up 19,500 square feet.

The U.S. Army recently announced the upcoming America's Army 3 game will be released later this year. AA3 will be rated T for Teen by the Entertainment Software Rating Board. AA3 will use the state-of-the-art Unreal Engine 3.

America's Army game developers promise to bring the most popular trademark game play features from the previous versions to an all new level in AA3.

Highlights of AA3 include authentic weapons and technologies, realistic training and exciting game play missions. AA3 will provide players new insights into the Army and Soldiering, officials said, adding it will make the game easier to play, easier to install and easier to download.

(Lori Mezoff writes for the America's Army PC team.)



Soldiers in "America's Army: True Soldiers" attack an enemy encampment in the fictional country of Ganzia. The player controls the weapon in the foreground. Before using a weapon in combat, players must meet Army training standards.





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Fitness Fair coming to Fort Irwin

**HDW Contributing Writer** 

For the first time in the history of the National Training Center, Family, Morale, Welfare & Recreation will present a combined fitness fair for children and adults. The Fort Irwin Fitness Fair will take place on March 28 at 9 a.m. in the Fitness Connection and adjacent outside areas. The fair is a prelude celebration to the Month of the Military Child, which occurs in April.

"Last year we decided to do something a little different so we incorporated a health and fitness challenge," said DeBorah Harris, Outreach Director of Child Youth and School Services. This year all members of the Fort Irwin community are invited to attend.

Ms. Harris said promoting health and fitness among youth and adults is an important and timely message to send.

According to numbers taken from the National Health and Nutrition Examination Survey between 2003 and 2006, childhood obesity was at an all-time high.

Currently, more than 64% of adults in the United States are either overweight or obese, according to results from a 1999-2000 NHANES survey, the most recent numbers

"We are a great nation but physically we are becoming a nation of sedentary people," said Ms. Harris. "Our children see what we do and follow in our footsteps. We need to encourage children to have an active lifestyle now to stay with them throughout their lives."

This year youth and adults attending the fair can take the President's Challenge for health and fitness, which is a program that encourages Americans to have a more active lifestyle.

Exercise and fitness workshops will be taught by experts for both adult and youth participants. Demonstration stations for spinning, weights, yoga and a various aerobics will be available throughout the event.

Attendees can enjoy the fitness obstacle

course, bounce house, climbing wall, bungee run, football toss, free throw station and a home run derby.

last year we had one of our biggest turn outs," she explained. "We got a lot of support from the community." Organizers said they would like to see an even

and \$5 for adults, which includes food, water, a water bottle and a t-shirt. For \$3 children and adults will receive food, water and a water bottle.

For more information call 380-2257 or 380-4695.



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# **Bring Your Kids to Work Day**

By 1st Lt. Jed Joey Monforte NTC Support Brigade

The NTC Support Brigade hosted "Bring Your Kids to Work Day" on Feb. 11 throughout the brigade. This event promoted Family wellness and gave children the opportunity to accompany their parents at work for a day, and see where their parents work and what they do.

Tyler McArthur, 4, son of Staff Sgt. Edward McArthur, S3 NCOIC, Corps Support Battalion, simply said, "I'm here to hang out with my dad."

For most of the day, kids were able to roam around the offices throughout the NTC Support Brigade lightening up the work atmosphere. Kids were also allowed to explore and play on aircraft as well as track and wheel vehicles.

Specialist Brandon Near of Headquarters

and Headquarters Company, Corps Support Battalion, said "My daughters have been wanting to come up here and see where I work, so I think it's pretty cool." Sayann Pie, 7, daughter of Sgt. Axel Crespoblanca, Headquarters and Headquarters Company, Corps Support Battalion, said, "I'm happy that my dad's in the Army but sometimes I'm sad when he works late."

Nancy Jackson, who works in the NTC Support Brigade Support Operations section commented "It's good, that way they see where their parents work. Especially my son (Darrien Elix), because he says I never work." At the NTC Support Brigade Headquarters the children were treated to ice cream and issued Certificates of Appreciation. SSG Adam Ortega from the NTC Support Brigade S-3 stated, "This is the first time I've ever got to bring my kids to work. They've been excited about it all day."





(Top Right) Specialist Brandon Near and his two daughters outside the Corps Support Battalion Headquarters on "Bring your kids to work day.

(Bottom Right) Tyler McArthur, Dominic Mancevski, and Dominic's father, 2nd Lt. Filip Mancevski, excitedly head to the motor pool to play on trucks.

(Top Left) Keith and Tyler McArthur, hanging out with their dad, Staff Sgt. Edward McArthur in his office at the Operations Section of Corps Battalion.

(Bottom Left) Dominic Mancevski explores the possibility of driving a HMMWV while Tyler McArthur explores the passenger side.

All photos by 1st Lt. Jed Joey Montforte

# Chairman wants more 'dwell time' for troops

By Samantha L. Quigley

SCOTT AIR FORCE BASE, Ill.(American Forces Press Service)—The nation's top military officer expressed concern here Feb. 20 about service members and their families "toughing it out" with frequent deployments and little time together between those deployments. Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, talked about the stresses of war and a variety of other topics in a town-hall meeting with service members and civilians.

In answer to a question from the audience, Adm. Mullen acknowledged that even when troops theoretically have 12 months of "dwell time" between deployments, that's not really the case when they have to spend part of that time away from their families training for their next deployment.

"The way the families are handling this thing is they're just toughing it out until they get the relief. There's a concern about how long they can tough it out," he said. "We're going to have to continue to focus on that."

Suicide rates are increasing in all of the services -- dramatically in the Army -- Adm. Mullen said.

"The correlation [between] the stress of these wars and the suicide rate is something that I accept, and then I want somebody to disprove that," he said in pledging continued efforts to fix the problem. "I'm not going to wait for somebody to disprove that to me."

Turning to care for the casualties of war, the chairman said the nation owes them and their families a great debt.

"For these [service members] who've either paid the ultimate price or been wounded and done what we asked them to do as a country," he said, "we should figure out what their needs are, ... and we should figure out how to take care of them for the rest of their lives."

Adm. Mullen drew on the Israeli model of veteran care as an example of the intent the United States should have when it comes to veteran care.

He noted a past conversation with the Israeli army chief of



U.S. Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff addresses service members during an all-hands call at Scott Air Force Base, Ill., Feb. 19, 2009. Mullen is on a two-day trip visiting airman at Minot and Scott Air Force Bases and soldiers stationed at Ft. Campbell, Ky.

staff, during which he asked how that country provides continuous care for its wounded. The Israeli chief reached into his wallet and produced a list of a dozen names.

Upon assuming command of a unit, he explained, Israeli

commanders must sign for an accountability log that lists the families of the unit's fallen service members and the unit's wounded and their families. The commanders take care of and keep in touch with these people, and are inspected on their fulfillment of this obligation as part of their command

"As the [Israeli] minister of defense says, 'We write the check off the top at the beginning of the budget cycle to make sure they're taken care of," Adm. Mullen said. "I'm not arguing we should do that, but I am saying we ought to have that effect."

Later, Adm. Mullen spoke with reporters about NATO's efforts in Afghanistan, stressing the need for more help from the alliance's members, especially in the nonmilitary part of

"For the entirety of my tour as the chairman, ... I've worked hard with my partners in NATO to push them to generate more capabilities, not just military capabilities," he said. "We have financial capabilities, we've got development capabilities. I talked about the need for governance. We have ... expertise that we need there to assist in training the Afghan people with the respect to proper governments."

"There are a number of ways NATO members can help and we need them to step forward," he continued. "They have stepped forward to some degree. We need them to step forward more significantly."

Adm. Mullen also discussed yesterday's vote by Kyrgyzstan's parliament to close Manas Air Base, an important logistical hub for the war in Afghanistan. While the country's parliament voted 79-1 not to renew the U.S. lease on the base, there has been no official notification from the Kyrgyz government, Adm. Mullen said. But if the base is closed, he added, the United States has options

"There's a six-month process once notification is given, should that happen," Adm. Mullen said. "We've done a lot of work to create options and look at other ways of doing this, and I'm comfortable that those options will support us very well if we get to that point."

# Stay healthy when running

By Staff Sqt. Michael Hartle **U.S. Army Medical Department Activity** 

Anyone who spends any amount of time running can tell you that the most important thing to keep in mind is the health of your feet and legs. As soldiers we have a responsibility to maintain a high level of fitness as well as maintaining our health. Having the right shoes, stretching, and increasing mileage slowly over time all play an important role in making sure that you stay healthy and can continue

Worn-out footwear can contribute to several types of running injuries such as, shin splints, patellofemoral pain syndrome (PFPS), and simple muscle strains. In addition to making sure you get new shoes every 300 to 500 miles, make a practice of inspecting your insoles. If you see a depression forming in a particular area you should replace the liner. The liners that come in your shoes may not offer enough padding for you. Replace them with a thicker, more cushioned pair from a specialty sports

You can go a long way toward discovering what you need in a running shoe by looking at your feet. There are three basic foot types, each

based on the height of your arches. The quickest and easiest way to determine your foot type is by taking the "wet test," which is described below.

Pour a thin layer of water into a shallow

2) Wet the sole of your foot.

3)Step onto a shopping bag or a blank piece of heavy paper.

4) Step off and look down.

Observe the shape of your foot and match it with one of the foot types talked about below. Although other variables (such as your weight, biomechanics, weekly mileage, and fit preferences) come into play, knowing your foot type is the first step toward finding the right shoe for you.

#### Normal (medium) Arch

If you see about half of your arch, you have the most common foot type and are considered a normal pronator. Contrary to popular belief, pronation is a good thing. When the arch collapses inward, this "pronation" absorbs shock. As a normal pronator, you can wear just about any shoe, but may be best suited to a stability shoe that provides moderate arch support (or medial stability). Lightweight runners with normal arches may prefer neutral-cushioned

shoes without any added support, or even a performance-training shoe that offers some support but less heft, for a faster feel.

#### Flat (low) Arch

If you see almost your entire footprint, you have a flat foot, which means you're probably an overpronator. That is, after footstrike, your arch collapses inward too much, resulting in excessive foot motion and increasing your risk of injuries. You need either stability shoes, which employ devices such as dual-density midsoles and supportive "posts" to reduce pronation and are best for mild to moderate overpronators, or motion-control shoes, which have firmer support devices and are best for severe overpronators, as well as tall, heavy (over 165 pounds), or bow-legged runners.

#### **High Arch**

If you see just your heel, the ball of your foot, and a thin line on the outside of your foot, you have a high arch, the least common foot type. This means you're likely an underpronator, or supinator, which can result in too much shock traveling up your legs, since your arch doesn't collapse enough to absorb it. Underpronators are best suited to neutral-cushioned shoes because they need a softer midsole to encourage pronation. It's vital that an underpronator's shoes have no added stability devices to reduce or control pronation, the way a stability or motion-control shoe would.

Now that you have the right shoes, stretching both pre and post run is of vital importance to prevent injuries that occur from the stress of running. Before any type of physical activity, especially running, it is imperative to relax and stretch the major muscles that will be used during that particular activity. In regards to running that would include the calf, quadriceps, and hamstrings muscles.

Finally, just as choosing the right shoes and stretching are important factors before you run, how much you run is important once you begin. A good general guideline for beginners is to start with no more than 1.5 miles at a time and no more than three to four times per week. This should be continued for one month, after which you should not increase your weekly total mileage by more than 10 % per month. This will ensure that you aren't over training

Following these few simple guidelines will keep you in great health and allow you to enjoy your running for the health benefits as well as the overall enjoyment.

For more information go to www.irwin.army.mil

# Sports, Fitness and Recreation

#### **Upcoming Events**

#### Disneyland Trip

How many miles does a person walk in a day at Disneyland? Can you believe seven to twelve miles? Tickets N' Tours is having an "Active Duty Disneyland Trip" on Feb. 28 and COMP day trips March 5 and March 6. This is in celebration of the Disneyland Military Salute, going on until June 12. So come join us, exercise and have fun! For more information on this special offer, and the special BOSS transportation cost, call us at 380-4767.

#### **Youth Sports Sign-ups**

Sign-up for Youth Sports T-Ball, Baseball, Softball and Start Smart Baseball is going on now through Feb. 28, with late registration March 1-4. Cost for T-Ball, Baseball and Softball is \$45 for first child and \$36 for each subsequent child. The cost for Start Smart Baseball is \$30 for first child and \$24 for each additional child. A \$10 late fee is charged for enrollments after Feb. 28.

More information: Please call 380-7044.

#### Tour de Irwin

Team

HT 2/11

Operations Group HHT RSS Bravo 1/11

Military Police

Palehorse

The Tour de Irwin bicycle race and ride will be held starting at 8 a.m., April 11, at the Fitness Connection. The route will take bikers to the Goldstone Complex and back to the Fitness Connection. The event will include a 40-mile course, 15-mile course, and a 2-mile course for youth. Registration information is available at <a href="https://www.fortirwinmwr.com">www.fortirwinmwr.com</a>.

For more information: Please call Outdoor Recreation at 380-3434.

#### **Outdoor Recreation Skeet & Trap Range**

Skeet & Trap is available at Outdoor Recreation; our current hours are Saturday & Sunday 8 am to 12 pm. We are also open on Thursdays & Fridays on Comp weekends from 8 a.m. to 12 p.m. We are in the process of expanding the hours so that the skeet & trap range will be open seven

**FORT IRWIN ADULT SPORTS** 

Intramural Basketball
Eastern Conference Standings
As of Feb. 13
Won

7

0

days a week from 8 a.m. to 5 pm. Skeet & Trap is \$3 a round, which consists of 25 pigeons. We have 12 and 20 gauge shot guns for you to use but you must supply your own ammunition.

For more information call Outdoor Recreation at 380-3434.

#### 'Spring into Fitness' run

A "Spring into Fitness" 5K run and walk will be held starting at 8 a.m., Feb. 28, at the Fitness Connection. T-shirts will be given to the first 200 finishers.

More information: Please call 380-3457.

#### Ping-pong tournament

A ping-pong tournament will be held at the Fort Irwin Teen Center, 7 p.m., Feb. 28.

More information: Please call 380-3732.

#### Strike Zone renovations

The Strike Zone bowling center is undergoing renovations until the end of February. The 20 existing bowling lanes will be replaced with new ones. LCD flat-screen scoring monitors also will be installed at each lane. Customers can continue to bowl and dine at the Strike Zone for the duration of the project.

More information: Please call 380-4249.

#### **Teen Center Bowling Night**

Teen Center Bowling Night will take place 8 p.m., March 7, at the Strike Zone bowling center.

More information: Please call 380-3732.

#### Blastball! sign-up

Loss

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2

Registration for Blastball! for children ages 3-4 will take place until March 31. Parental participation is required. Blastball!, for children who are not yet ready for T-Ball, is a simple version of T-Ball designed specifically for younger children.

The season will take place April 4-May 9. Cost is \$30 for the first child and \$24 for each additional child. Register at Central Enrollment, Bldg. 1323, 380-2257.

More information: K.C. Zanercik at 380-7044.

# Fort Irwin Youth Sports ATHLETE SPOTLIGHT Name Elaysia Astorga Age 7 Grade 1st Sport Indoor Soccer Coach Raab

### FORT IRWIN YOUTH SPORTS

riag rootball Nesults					
Date	Age Group	Team	Team	Winner	Score
Feb.12	6-8	Raiders	Dragons	Dragons	18-0
Feb.12	9-10	Ravens	Destroyers	Ravens	20-0
Feb. 14	6-8	Raiders	Lightning	Lightning	13-7
Feb. 14	6-8	Raiders	Dragons	Dragons	9-0
Feb. 14	9-10	Ravens	Cards	Cards	21-0
Feb. 14	9-10	Ravens	Destroyers	Ravens	21-12
Feb. 14	11+	Cobras	Saints	Cobras	20-7
Feb. 14	11+	Cobras	Chargers	Chargers	13-7

#### lestern Conference Standings

As of Feb. 13			
5	0		
4	0		
4	0		
4	1		
3	2		
1	2		
0	5		
0	7		
	5 4 4 4 3 1		

#### EART IRWIN VAIITH CRARTS

		FORTIK	WIN YOUTH SPOKIS		
		Bas	ketball Results		
Date	Age Group	Team	Team	Winner	Score
Feb. 10	4-5	Grey Wolves	Jaguars	Wolves	3-1
Feb. 10	4-5	Red Dragons	Blue Lizards	Blue Lizards	2-1
Feb. 10	6-8	Stars	Orange Flames	Orange Flames	2-1
Feb. 10	6-8	Maroon Madness	Flaming Dragons	Tied	1-1
Feb. 10	9-10	Fireballs	Tsunami	Tied	0-0
Feb. 10	11+	Oranges	Blue Razz	Blue Razz	3-1
Feb. 14	4-5	Jaguars	Blue Lizards	Tied	2-2
Feb. 14	4-5	Grey Wolves	Cheetahs	Grey Wolves	2-0
Feb. 14	6-8	Orange Flames	Maroon Madness	Maroon Madness	3-1
Feb. 14	6-8	Stars	Flaming Dragons	Stars	2-1
Feb. 14	9-10	Silver Sharks	Tsunami	Silver Sharks	1-0
Feb. 14	9-10	Silver Sharks	Fireballs	Tied	1-1
Feb. 14	11+	Blue Razz	Bananas	Blue Razz	2-0
Feb. 14	11+	Strawberries	Oranges	Strawberries	3-2

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# Better education benefits on horizon for Soldiers, Families

By C. Todd Lopez

WASHINGTON (Army News Service)—A full ride to college is on the way for qualified Soldiers and veterans.

The "Post-9/11 Veteran's Education Assistance Act Of 2008," sometimes called the "Post-9/11 G.I. Bill," paves the way for thousands of qualified Soldiers, Sailors, Airmen Marines and military veterans to get a complete four-year degree at no cost to themselves.

Soldiers and veterans can begin applying for benefits under the Post-9/11 G.I. Bill beginning Aug. 1. Benefits from the program can be paid out for a total of 36 months. Under a typical degree program, where students attend school for nine months at a time and are then off during the summer months, the plan would allow veterans to get a four-year degree while attending school in residence.

"We've moved from a program that pays in essence a flat rate to individuals, to a program that is based on what it is actually costing an individual to go to college," said Keith Wilson, director of education services for Veteran's Affairs.

Under the Montgomery G.I. Bill program, the VA sent out individual checks to recipients, and recipients used the money any way they saw fit: for tuition, housing, food, etc., Mr. Wilson said. But the payment was not based on how much their tuition cost.

"It was up to the individual to come up with whatever additional money they needed to go to school, if any." Mr. Wilson said.

The new program changes all that. The Post-9/11 G.I. Bill, Mr. Wilson said, pays for tuition by sending payments directly to the school. It also pays for student housing by sending a payment to the student. An additional payment for books and supplies also

goes directly to the student.

With the Post-9/11 G.I. Bill, a Soldier may be entitled to tuition payments equal to the cost of the most expensive public, undergraduate, in-state tuition and fees in his or her home state. For instance: a student learns that the most expensive public state school in the state of their home of record costs \$1,250 for a semester of courses. If the student opts to attend a private school instead, that school will receive up to \$1,250 a semester for tuition.

"Potentially, a student can get up to the full cost of tuition for the school they attend," Mr. Wilson said.

Tuition is not the only benefit extended to potential collegegoers. For students attending school more than half the time, the Post-9/11 G.I. Bill also pays housing costs, up to a rate equivalent to the Basic Allowance for Housing rate for an E-5 with dependents in the ZIP code where the school is located.

If a student attends school in Charlotte, N.C, for instance, the BAH rate in the area for an E-5 with dependants is \$1,179. The student would then receive that much money for rent each month—even if he or she has no dependents.

Soldiers on active duty may tap in to the Post-9/11 G.I. Bill and apply benefits toward tuition, books and supplies. However, active-duty Soldiers are not entitled to receive the housing allowance from the program.

Students are also entitled to a yearly stipend of up to \$1,000 to cover the cost of books and supplies, and students from highly rural areas who are transferring to a school may also be entitled to a one-time payment of \$500.

Perhaps one of the best-known benefits of the Post-9/11 G.I. Bill is the ability to transfer the benefits to one's dependents.

"For a lot of folks, that's a key issue," Mr. Wilson said of the

change. "That section of the bill was specifically designed as a retention tool. And it is set up for those individuals who have served 6 years in the Armed Forces and agree to serve an additional period of service after Aug. 1, 2009."

The details of who may transfer benefits to their

family members, however, are being set by the military services, not the Veterans Administration. That policy has not yet been determined.

Unlike the MGIB, which required Soldiers to pay up to \$1,200 to participate, the Post-9/11 G.I. Bill requires no such payment. All Soldiers who served after Sept. 11, 2001 may qualify for some or all of the benefits, depending on how long they served. Additionally, the program also serves National Guard and Reserve servicemembers, depending on how much time they were mobilized for active duty.

"There are different tiers of benefit payment, depending on how much active service you have," Mr. Wilson said, "How many months of active service you have after 9/11. The lowest level is for those that have between 90 days and six months of active service after 9/11."

The amount of active service a member has after 9/11 determines what percentage of benefits they can receive under the Post-9/11 G.I. Bill.

# Strykers gear up for new mission in Afghanistan

By Staff Sgt. Michael J. Carden

WASHINGTON (American Forces Press Service—The Army's Stryker armored vehicle will get its first crack at the resurgent Taliban and terrorist strongholds in Afghanistan this summer when the 2nd Infantry Division's, 5th Stryker Brigade Combat Team hits the ground there.

Gen. David D. McKiernan, commander of NATO's International Security Assistance Force and U.S. Forces Afghanistan, said at a Pentagon news conference yesterday that he specifically requested the Stryker brigade for its versatility.

"I asked for a Stryker capability, with one of the brigade combat teams, so that it could provide the mobility, the situational awareness, the protection," Gen. McKiernan said. "And, quite frankly, it provides a lot of infantrymen. And that would give us an ability to maneuver capabilities in the southern and southwestern parts of Afghanistan."

The brigade will bring about 4,000 Soldiers and nearly 300 Strykers to the fight in Afghanistan. They will be operating in the country's southern region and along the Pakistan border, areas that don't have a sufficient security presence, preventing governance and infrastructure progress, Gen. McKiernan said.

"We need persistent security presence in

order to fight a counterinsurgency and to shape 'clear, hold and build' in support of a rapidly developing Afghan capacity," he said, referring to the strategy of clearing an area of insurgents, preventing them from returning, then taking advantage of the improved security to build governance and infrastructure.

The additional troops also will have a dual responsibility in training and organizing Afghan police forces and army, he said. Military leaders there hope to double the size of the Afghan army to 134,000 troops as soon as 2011. Mentoring and training Afghan forces is necessary for success there, the general said.

"Our goal [is] to attempt to accelerate the growth of the Afghan army," Gen. McKiernan said. "But we need to do that in a smart way. We need to do it in a holistic way, so it's not just a question of numbers; it's a question of training, equipping, leader development and their employment."

The Army brigade's deployment was officially announced this week as part an additional 17,000 Soldiers and Marines President Barack Obama ordered to Afghanistan. Defense Secretary Robert M. Gates signed the deployment orders at around 7:25 a.m. on Feb 17, and Obama's announcement was pending notification of the Soldiers' and Marines' Families, Pentagon officials said.

The Strykers originally were slated for an Iraq deployment this summer, but anticipated the switch "some time ago," a brigade spokesman said yesterday.

Maj. Mike Garcia wouldn't give specifics as to when the Soldiers were notified of their new Afghanistan mission, but said it was enough time to adjust their training before arriving at the National Training Center earlier this month at Fort Irwin for Rotation 09-04.

"Their training scenario is focused on an Afghanistan fight," Maj. Garcia said. "We knew this some time ago and had enough time to modify the scenario."

The brigade started its training at the National Training Center on Feb. 14, learning the various cultures within Afghanistan. Persian Farsi, Pashto and Urdu are some of the languages and customs they'll get a crash course in. They'll also learn what to expect regarding Afghanistan's mountainous terrain, weather and type of insurgency they may face, based on military experiences there.

Their training will continue through the end of the month, Maj. Garcia said.

The Stryker brigade concept has proven successful in urban warfare since it was first introduced to live combat December 2003 in Iraq, but it has never been used in Afghanistan. The Stryker community recognizes the challenges, but is confident in their capabilities. "Yes, it is a different theater," Maj. Garcia said. "Combat is never easy, but they're still prepared, mentally and physically, to go to combat. It's just a different place on the globe to us."

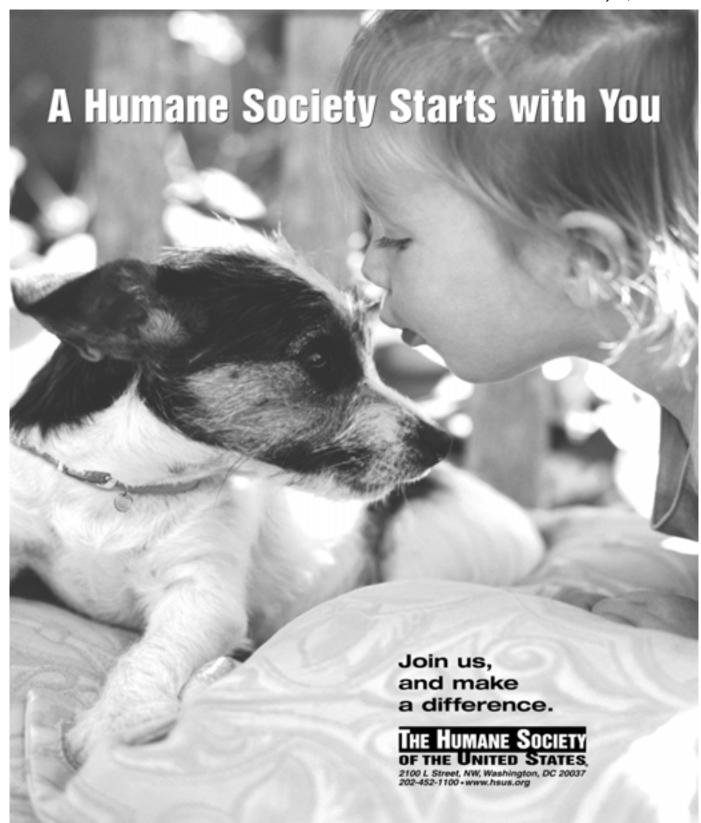
Afghanistan's mountainous and rigid terrain, freezing weather and the freedom of movement insurgents have enjoyed there will be new challenges for the Stryker. There are distinct differences compared to Iraq regarding the terrain and culture, but Maj. Garcia said, "the basic tenets and concept of fighting a counterinsurgency remain the same."

"Stryker brigades are very versatile," he said, echoing Gen. McKiernan. Strykers can travel long distances very fast. The 10 different models of Stryker vehicles include infantry, engineer, reconnaissance and medical evacuations variants, and can carry as many as 14 Soldiers, Garcia explained.

"With the incredible capabilities they have to conduct reconnaissance and target bad guys with precision operations while mitigating collateral damage, Strykers are probably one of the best formations that the Army has put on the fields in decades," he added.

The 5th Stryker Brigade Combat Team will be making the unit's first combat deployment. It was activated at Fort Lewis on May 4, 2007, as the Army's seventh Stryker brigade.

For more information go to www.irwin.army.mil



#### ICE, from page 2

#### **Interactive Customer Evaluation**

The following are a sampling of the 246 ICE submissions at Fort Irwin completed during the weeks of Feb. 9- Feb. 15. Comments were made about the following offices: AAFES Furniture Store, Commissary, Emergency Services-Traffic, MWR Army Community Services-Community Life Program and MEDDAC-Weed Hospital.

#### **AAFES Furniture**

Feb. 10

Comment: I absolutely appreciate the support I received from the staff of the furniture store on the day of the Super bowl. We wanted to get a set of couches to our home but the delivery service was booked up for the day. We started to make small trips in our SUV to get the couch home. The employees saw this and offered to help deliver the couch anyway while two other employees stayed to cover down in the store while the manager made the delivery. We had our couch for Super bowl Sunday because of the caring staff.

#### Commissary

Feb. 12

Comment: This morning while shopping

at the commissary, my wedding ring fell off my finger. I didn't realize until after leaving the store. I called the commissary thinking there was no way anyone could have found it. An employee found the ring and turned it in to the manager. I am very grateful for the trustworthiness and honesty of the commissary employees, they truly represent our military.

#### **Emergency Services-Traffic**

Feb. 14

Comment: I have a question about parking in housing. I live in a cul de sac and people continue to congest the street with their cars. I don't understand why people can't use their garage or drive ways to park. It makes it hard to back up into our street. Is there any way to enforce residents to use driveways and garages?

Follow-up: Responded to the customer with an email to let them know there is no law or policy that prohibits individuals from parking legally on the streets versus using their garages or driveways.

#### MWR Army Community Services-Community Life Program

Feb. 12

Comment: I was one of several concerned

parents, teachers and staff who attended the Silver Valley School District Board Meeting on Feb 10th. I was disappointed that at such an important meeting the military did not have a representative there. Who is speaking up for our students and making the district accountable for the millions of dollars we give them?

Follow-Up: The School Liaison Officer spoke with the customer to let her know what role the Liaison plays in relaying information back to the command. We also let her know Brig. Gen. Pittard and Col. Chevallier have monthly meetings with the Superintendent of Silver Valley Unified School District. The customer seemed pleased and now fully understands the School Liaison role and what the NTC & Fort Irwin Command Group continues to do for our students.

#### MEDDAC-Weed

Feb. 10

Comment: Thank you for holding the Field Sanitation Course. Your team did an excellent job and I learned so much!

#### DTOC, from page 3\_

52nd Inf. Div.: "It takes a special kind of person to work in the "DTOC". We could not execute these challenging rotations without our dynamic civilian labor force."

Lt. Col. Doug Skaggs, Operations Group Executive Officer: "The DTOC Soldiers are specially selected because of the huge responsibility involved in training Brigade Combat Teams for combat."

The pace of operations absolutely rivals an element deployed for combat, and there is a constant necessity to be ready to deal with any real-world emergency that might occur in the desert. While a normal Division HQ's staff might be comprised of hundreds of people, this DTOC conducts its business with only tens of people. The DTOC guides not only the moves of the rotational brigade elements, but also all of the actors shaping the picture including the 11th Armored Cavalry Regiment.

The work is hard and unceasing to assist U.S. Armed Forces in honing combat-ready units for operations in Iraq and Afghanistan. Always striving to replicate the current situation in those countries, the DTOC routinely adjusts the scenarios to match the environment that these elements will encounter in those foreign lands.

The work is difficult but rewarding, in the hopes that sweat in training will protect U.S. servicemen and women heading to combat.



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# Corporals have been leading for 234 years

By Mark Heeter USAG Schweinfurt

SCHWEINFURT, Germany(Army News Service)—The rank is synonymous with leadership and was one of the original five ranks of the noncommissioned officer corps in 1775, the year the United States Army was born.

While much has changed in the Army in the past 234 years, one critical piece of the organization endures: the corporal.

Ask a corporal, ask a command sergeant major, what their fundamental role as NCOs is, and the answer might be the same.

"(It's) taking care of making sure that their Soldiers are well-equipped and they've got everything they need to have," said Cpl. John Mayhle, a human resources specialist with the 1st Battalion, 77th Field Artillery Regiment.

"As far as the NCO in general, they take care of the Soldiers. They train the Soldiers and keep them mentally and physically fit," he said.

Fast forward 20 years into his career, and the answer might be the same for Cpl. Mayhle, who has held his current rank and responsibilities since November 2007.

"Once you pin on that rank of noncommissioned officer, the responsibilities are the same—from corporal all the way up to command sergeant major," said USAG Schweinfurt Command Sgt. Maj. Ernest Lee. "The bottom line is you need to take care of Soldiers."

While some junior Soldiers do not know everything that goes into wearing those two stripes, corporals are responsible for individual training, personal appearance and cleanliness of Soldiers, and are frequently small team leaders, according to the Army "Year of the NCO" home page.

They must learn their new roles and responsibilities, while developing their personal leadership styles—sometimes a delicate trick, according to Cpl. Mayhle.

"It is a little bit complicated, if you will, being the same (pay grade as specialists) but at the same time being an NCO," Cpl. Mayhle said. The line is clear, though, according to Command Sgt. Maj. Lee.

"A corporal is taking on the responsibilities

of an NCO. A lot of Soldiers ... really don't know the job of a corporal," Command Sgt. Maj. Lee said.

"Yes, you are an NCO. The Soldiers you select to be a corporal, you know their potential to be a good NCO," he said, adding that he expects corporals to learn from their experience and be better sergeants.

"They already have that experience that you need to teach, mentor, coach the Soldiers," he said. Under the guidance of his leaders, Cpl. Mayhle is testing himself to find his own leadership styles, not unlike most corporals.

"I've definitely learned different techniques of being an NCO," he said, referring to "softer and stronger techniques. I haven't really chosen a side, but I like the middle."

Turning to Cpl. Mayhle, Command Sgt. Maj. Lee seized the opportunity for a mentoring moment.

"Whenever you tell a Soldier, a subordinate, that you are going to do something, even if you can't do it, you need to follow up and say that you can't do it for some reason," Command Sgt. Maj. Lee said. "Don't ever leave a Soldier hanging out there."

That's the kind of lesson a command sergeant major might have learned as a corporal



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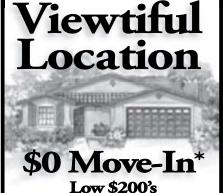
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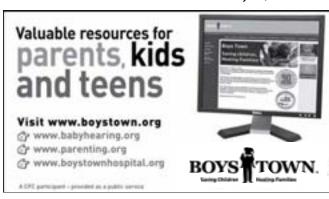
You See A Puppy, A Blind Person Sees The World



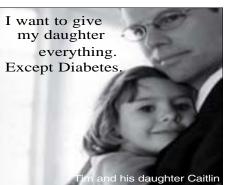


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\$12,607 \$0 DOWN

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\$16,022



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\$17,603

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